

Healthy Eating in Native Country: Eating Less Fat

Since the 1920's, heart attack has been the number one cause of death in America. A person can know their risk of developing a heart attack by knowing Their blood cholesterol number. By lowering their cholesterol number, a Person can reduce their risk of a heart attack. Read on to learn how YOU can Lower your cholesterol number in order to keep your heart healthy.

Cholesterol_____ (desirable is below 200) Desirable Weight_____

Lose Weight!

By losing weight, one can lower their cholesterol number. Obtain a copy of our *Healthy Eating in Native Country: Do You Weigh Too Much?* Handout and make the lifestyle changes necessary to lose excess pounds.

Exercise:

By itself, exercising can lower the cholesterol number. Walking, aerobics or jogging several days a week for at least 30 minutes a session makes your body healthier.

Don't Eat Fat!

Trim the fats off of your meats and take the skin off of the chicken BEFORE you cook it. Pour off the grease that comes from cooking meats.

Avoid Fried Foods!

Choose: Tortillas and Whole Wheat Bread
Baked, boiled and mashed Potatoes
Baked, boiled and roasted skinless chicken
Baked Chips, Low-fat Popcorn, Pretzels

Use Products that have No Fat in Them!

Some examples are Non-fat Sour Cream, Non-Fat Mayo & Miracle Whip, Baked Corn and Potato Chips, Fat-Free Ice Cream and Non-Fat Cheese. Look for other Non-Fat foods.

Eat More Vegetables and Fruit and Less Meat and Milk Products!

Stay Away from Fast Food!

These places usually provide items that contain large amounts of Fat (and Sugar). But if you MUST go to those places, choose plain hamburgers (not with cheese or with sauce), Cheese, Canadian Bacon and/or Vegetable Pizza (NOT with pepperoni, sausage or hamburger), grilled chicken sandwiches and non-fried Chinese and Mexican foods (like chow-mein and soft burritos).

Stay Away from (and Don't Feed your Family):

Hot Dogs	Bologna	Sausage
Luncheon Meats	Spam	Fatty Canned Meats
Corned Beef Hash	Chopped Ham	Bacon
Salami	Whole Milk	Regular Cheese

Use Low-Fat Foods like:

Roast Beef	Boiled Ham	Tuna in Water
Non-Fat Hot Dogs	Low- and Non-Fat Cheese	
Low-Fat Canned Meats	Turkey Breast	
Low-Fat Milk (1% or Skim)	Lean Fresh Meats	

Avoid Using Fat for Flavor! Keep away from using lard, margarine, bacon grease, butter, mayo, vegetable oil, high-fat cream soups and cheese for flavoring.

Use non-fat items like tomato/spaghetti sauce, Soy Sauce, salsa, ketchup, mustard, bouillon cubes, jams & jellies, garlic, onions, spices, chili and Pam Spray to flavor foods.